

## Coach Profile



Michelle Kinsella

<b>Department/Unit</b>	Adult and Community Education
<b>Grade/Title</b>	Associate Lecturer
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<b>Philosophy of Coaching:</b>	To empower individuals to set the goals and take the necessary steps that will assist them in reaching their full potential.
<b>Up to 5 descriptive phrases/adjectives about you as a coach:</b>	Holistic Motivational Insightful Intuitive Strategic
<b>Coaching Experience (including training and credentials):</b>	My coaching qualification is from Kingstown College Dun Laoghaire where I received an Advanced Diploma in Mental Health & Wellbeing with Executive Coaching in 2019. Since then I have been working in various organisations using coaching to support change and growth on a team level and on an individual level. I work closely with individuals to facilitate them unlocking blocks to moving forward and aligning their value and purpose with their goals.